



St James' CE Junior School

Food Policy

Rationale

Our mission is to improve the health of the entire community by exploring and supporting ways to establish and maintain life-long healthy and environmentally sustainable eating habits.

Aims

- To create a whole school approach to food and health.
- To ensure that pupils receive a nutritious diet at school and that all pupils have access to safe, appetising food and a supply of fresh drinking water during the school day.
- To improve the health of pupils, staff and families by increasing awareness of food issues including what constitutes a healthy diet. Food and nutrition is taught at an appropriate level throughout the school.
- To ensure that food provision reflects any ethical and medical requirements of pupils and staff.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To ensure that caterers comply with the **Nutritional Standards for School Lunches (England) Regulations 2009 / Standards for School Food in England 2014.**

Objectives

- To review the curriculum to ensure information relating to food and nutrition is consistent and up to date.
- To create out of classroom learning (**Allotment, Let's Get Cooking Club**)
- To work with the **Catering Manager at Furness Academy** to ensure that pupils receive a nutritious diet at school and to encourage pupils to make healthier choices.
- To establish Special Events in school to promote healthy eating and drinking messages.
- Promote healthy eating for pupils and parents through the curriculum and extra-curricular activities. e.g. **Let's Get Cooking Club / Tesco Farm to Fork Project / Farm Visits (Westmorland County Agricultural Society - Farm Open Days)**
- To ensure that the **Teacher/Midday Staff** with responsibility for food have basic food hygiene training.
- To provide palatable drinking water for the adequate hydration of the school community (**water fountains**).
- To encourage experimentation with unfamiliar foods via the Design Technology curriculum and **Food Fridays**.
- To reduce the intake of salty, fatty and sugary foods. Through the school policy of healthy snacks during break time (**Healthy Eating Tuck Shop and pupils should only bring fruit for playtimes**).
- To encourage the use of organic produce grown in the school garden.
- The school to encourage parents and carers to provide children with healthy packed lunches. This is achieved by promoting healthy packed lunch ideas with children and parents. (**Newsletters**)
- We will provide a welcoming eating environment both for pupils having school meals and those bring packed lunches, one that encourages positive social interactive of pupils.

(Captain's Table)

- Pupils are encouraged to suggest improvements to the school dining experience through the use of regular surveys and suggestion boxes. Statutory Roles and Responsibilities of the LA, Head Teacher, other staff and Governors.

The Head Teacher will ensure that:

- providers of lunches conform to the Nutritional Standards for School Lunches (England) Regulations 2009 / Standards for School Food in England 2014;
- the agreed standards for free school meals are implemented;
- content, cost and provision are monitored;
- we cater for the special dietary needs of children and staff. The staff are expected to promote healthy eating in accordance with school guidance.

The Governing Body will:

- ensure that any catering provision meets the requirements of this policy, including the requirement for contractors to provide information to enable it to be monitored effectively;
- ensure that lunches meet with the standards prescribed in the Nutritional standards for School Lunches (England) Regulations 2009 / Standards for School Food in England 2014;
- establish standards for school meals (including free school meals) and monitor their content, cost and provision.

Methods

- Establish the organisational structure and arrangements to oversee the policy through a whole school approach.
- A member of Staff / Governing Body will be responsible for promoting healthy eating as part of a healthy lifestyle.
- Integrate the aims of the policy into the curriculum in order to increase understanding.
- Encourage a healthy lifestyle throughout the day taking into account all meal and break times.
- Create a pleasant and safe environment in which to enjoy appetising, nutritious and environmentally sustainable food.
- Encourage Furness Academy Catering Manager to use environmentally sustainable food and local suppliers, where feasible.
- Through the catering specification eliminate unnecessary and potentially harmful food additives including genetically modified foods.
- Ensure that the providers of food service have trained personnel, quality systems and internal / external inspection programmes (**Quality Assurance of Catering Systems of Transported School Food carried out by Michelle Holdsworth (Catering and Cleaning Consultant)**).
- Use data from pupil surveys to inform lunch menus
- Celebrate special events (**Chinese New Year, Kabugho Linnets Birthday and The Great SJS Bake Off**)

Health and Safety - monitored against Health and Safety at Work Act 1974 and industry good practice.

Food Safety – monitored against *“Food Hygiene (England) Regulations 2013”* and general catering industry good practice which will help to ensure that the food you sell/supply is safe to eat.

Allergen Management – monitored against *“Food Information Regulations 2014”* and general good practice in schools and in association with *“Children’s and Families Act 2014”* (supporting pupils with medical conditions)

Menu - monitored against, working towards *“The Requirements for School Food Regulations 2014”*, and general good practice for school food.

OFSTED – assessing the school lunchtime taking into account the guidance for OFSTED inspectors;

Action 9 of the plan is centred on the monitoring of schools in relation to the promotion of a healthy lifestyle and the time and space given to lunch.

- Under the new Common Inspection Framework, from September 2015, Ofsted will inspect how “children and learners keep themselves healthy, including through healthy eating”.
- As part of this, inspectors will look at “the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on pupils’ behaviour.”
- Inspectors will also look at the “breadth and balance of the curriculum, of which practical cookery is now a part.”